















## Assessment options

Workbook Activities and Practical Activities may **only** be assessed by a Coach Educator accredited by ESNZ.

**ONLY Elite Coach Educators** are authorised to assess the Elite Riding, Equine Management and Coaching programs. There are a number of activities that are limited to CEs accredited in the relevant discipline.



As this program employs competency-based training and assessment principles, and is designed to meet the individual needs of candidates; the issue of flexible assessment and training methodologies is well addressed. As part of this process, candidates who require, or would benefit from differing delivery and/or assessment approaches will be accommodated wherever possible.

Examples of flexible assessment options may include:

- ✓ *Oral instead of written assessment (with use of a scribe for purposes of records)*
- ✓ *Video instead of face-to-face evidence*
- ✓ *Integrated assessment (assess multiple competencies/modules in one task)*
- ✓ *Self-paced activities*
- ✓ *Multiple assessment attempts, if required*
- ✓ *On-the-job assessment in a practical/real Equestrian environment*

**Regardless of the delivery method utilised, the competencies/learning outcomes remain the same, and all candidates must demonstrate competence in all areas of the program.**

## Certificates of achievement

To receive their certificate of achievement for each/any program (Riding, Equine Management and Coaching), candidates must send a copy of ALL signed activity verifications to the ESNZ National Office. Each workbook contains a checklist to ensure candidates include all the required verifications.

## Coach qualification and Coach registration



Candidates who have completed the ESNZ Elite Coach training program may already be registered as a Performance Coach. These candidates will have their record automatically upgraded upon successful completion of the program. Otherwise, candidates will be invited to register to begin receiving their registration benefits.

ESNZ maintains an annual coach registration scheme for a number of purposes to:

- Ensure only current, practicing Coaches are advertised to the public
- Ensure advertised Coaches are up-to-date in risk management and first aid
- Protect the ESNZ Coach brand from false advertisers
- Provide publicity in the equestrian community about the benefits of ESNZ-registered Coaches
- Provide ESNZ-registered Coaches with ongoing learning and development opportunities
- Provide ESNZ-registered Coaches with exclusive email updates and educational coach magazine
- Provide ESNZ registered Coaches with various gifts and discounts from ESNZ and partners

ESNZ-qualified Coaches should register annually with the National Office to remain listed for that year. To be eligible for registration, a Coach must be a current member of ESNZ and hold a current First Aid certificate when they submit their coach registration form.

## Ongoing development

Ongoing Development is a policy that requires ESNZ coaches to complete a variety of development activities over the registration period. Ongoing Development aims to ensure quality coaching by ensuring all ESNZ coaches maintain and further develop their coaching knowledge and skills.



**Why do ESNZ coaches need to undertake Ongoing Development activities?**



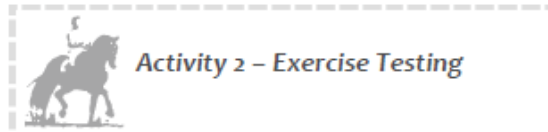
- Ongoing Development keeps ESNZ coaches in contact with the most up-to-date techniques, science and coaching methods.
- Ongoing Development ensures that ESNZ coaches stay abreast of rule changes.
- Ongoing Development can play an important role in ensuring that the Equestrian coaching environment is safe for all participants, as well as reducing the likelihood of coaches becoming involved in legal actions.





# ESNZ Elite Equine Management

## Program Outline

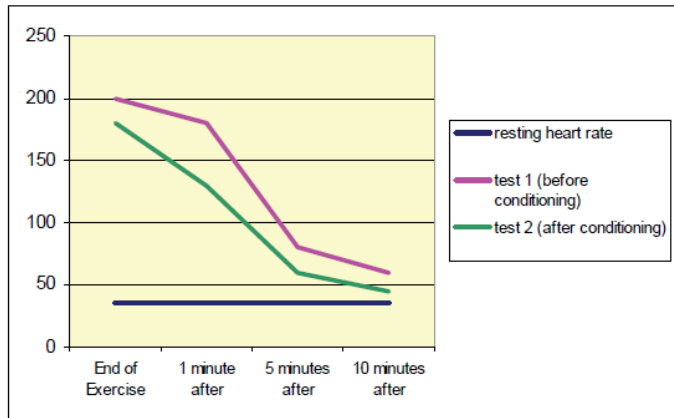


### MODULE 1 – Campaign Planning

- Planning for overseas campaigns
- International and long-haul transport
- Medication control and prohibited substances
- 

### MODULE 2 – Campaign Personnel

- Equine practitioners
- Other personnel and officials



Month 1	Month 2	Month 3	Month 4
Month 5	Month 6	Month 7	Month 8
Month 9	Month 10	Month 11	Month 12

Studs are generally fitted on both sides at the heel (ie 2 studs per shoe). Riders are suggested to use a rounder/blunter stud at the inside of the shoe to reduce the likelihood of injury if the horse brushes or strikes the opposite leg. Some riders like to use longer studs on the hind feet than the front feet, given the horse's power and speed are usually generated in the hindquarters.

**Protection**  
Protection such as bell boots and brushing boots are recommended when using studs, and when jumping, a stud guard should be fitted to the girth (or can be purchased "bull in" on some girths) to protect the horse's chest when it tucks up over the jumps.

**Impact forces and injury**  
Be aware that studs can reduce the amount of "give" the horse experiences when its hooves impact with the ground surface. This is obviously a good thing for giving traction and grip in slippery conditions, however it can also have an adverse effect. When a horse lands (for instance after a jump), some of the energy of impact is absorbed in the horse's hoof and limb structures (especially tendons) and some of the energy of impact is dissipated in the landing surface when the horse's hoof is able to move slightly over or through the surface. In some cases, the combination of studs and surface can reduce the amount of energy that dissipates through the ground and thus this energy must be dissipated through the horse's legs - in particular placing extra strain on the tendons. This is especially likely to be a problem with very long studs on hard ground.

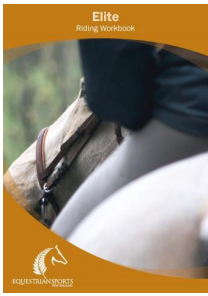
Research into the high number of tendon injuries encountered in the showjumping at the Athens Olympics in 2004 found that the grass surface in the jumping arena had not developed sufficiently deep roots, causing surface slippage. Riders were selecting very long studs to compensate for the slippage. Horses therefore experienced very little "give" and this placed more strain from the impact in the limbs and tendons resulting in a high incidence of injury.

**Stud Do's and Don'ts:**

- ALWAYS use studs in pairs, with one on each side of the hoof.
- ALWAYS use small, blunt studs on the inside of your horse's shoes. A large, pointed stud can injure him.
- ALWAYS put protective leg boots on your horse when riding in studs.
- ALWAYS put studs in just before you will be riding and remove them as soon as possible afterwards.
- ALWAYS use the smallest stud you can, considering the conditions. While slipping is dangerous for your horse, a little slipping is much better than setting your horse's legs with huge studs. Try to find a stud that allows a little slipping, but not so much that your horse's balance will suffer. Studs should be selected that will sink fully into the ground, otherwise they will unbalance the foot.
- ALWAYS try to have someone help you by holding your horse when you are putting studs in.
- ALWAYS be careful if you have a horse that is likely to kick out at other horses or people. If you have such a horse, try to limit the amount of time you use studs.
- NEVER turn your horse out with studs.
- NEVER leave your horse unattended in a stall with studs.
- NEVER trailer your horse with studs.
- NEVER use studs if your horse is lame.
- NEVER put yourself in a position where a horse with studs in can step on you.

Left: studs must be securely fitted, use the right tools for the job. You can buy studs in a kit with the required tools.  
Right: The finished job. The inner stud is smooth and rounded for safety while the outer stud is pointed to give more grip.

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# ESNZ Elite Riding

## Program Outline

NB: Candidates choose one or more disciplines according to their preference.

### MODULE 1 - Core Dressage

- Principles of Training
- Paces and transitions of Fourth – and Fifth -Level dressage
- Movements and tracks of Fourth – and Fifth -Level dressage
- Self-analysis

### MODULE 2 - Dressage

- Paces and transactions of Prix St Georges-Grand Prix dressage
- Movements and tracks of Prix St Georges-Grand Prix dressage
- Working the horses in hand
- Self- analysis

The Self Reflection Loop

### MODULE 3 - Jumping

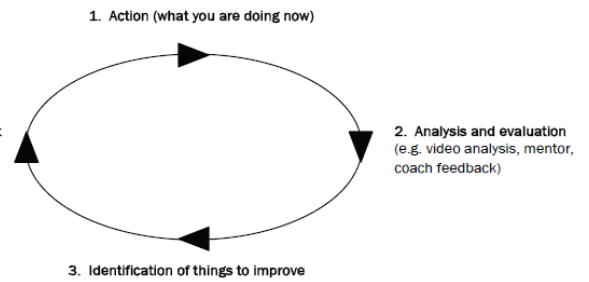
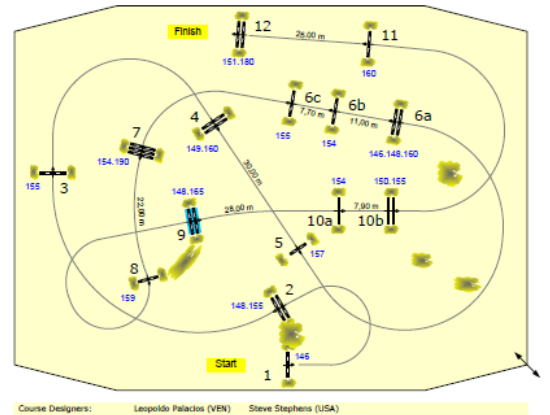
- Training Problems
- Reading Course Plans
- Building Courses
- Self - analysis

### MODULE 4 - Cross-Country

- Cross-country training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

### MODULE 5 - Endurance

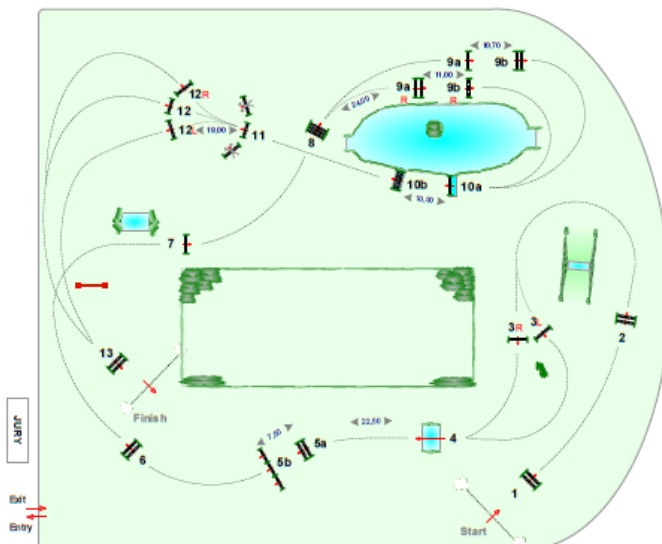
- Technical considerations
- Tactical considerations
- Self-analysis



FEI  
World Equestrian Games  
Aachen 2006



Class No.: 5 1 Prize of Sparkasse 1st rating Individuals and Teams Speed and Handiness Competition Tuesday, 29<sup>th</sup> August, 2006



Start:

Table:	C
FEI RG / Art.	239, 263 / 309.5
Height:	1.50 m
Speed:	0 min
Length:	0 m
Time allowed:	0 sec
Time limit:	120 sec
Obstacles:	13
Errors:	16
Penalty sec:	4
1st Jump-off:	
Length:	0 m
Time allowed:	0 sec
Time limit:	0 sec

Obstacle:	Height	Width
1	144	150
2	148	160
3	150, 175 SR	420
4	150	200
5a	149	160
5b	150	
6	148	170
7	150	
8	150	200
9a	148 / 150R	100R
9b	150 / 150R	150
10a	149	
10b	150	180
11	150	
12	144 / 148 / 148R	
13	150	180

Course Designer: H. Frank Pohlenberger (GER)



# ESNZ Elite Coaching

## Program Outline

### Module 1 – Leadership and Engaging Others

- Topic 1 – The New Zealand Sporting Landscape
- Topic 2 – Understanding Leadership
- Topic 3 – Building and Maintaining Positive Group Culture
- Topic 4 – Change Management
- Topic 5 – Forming Effective Partnerships

### Module 2 – Campaign Planning

- Topic 1 – Campaign Planning
- Topic 2 – Campaign Performance

### Module 3 – Athlete Anti-Doping

- Topic 1 – Athlete Anti-Doping
- Topic 2 – Drug Free Sport NZ Education Seminars

### Module 4 – Skills Acquisition

- Skills Acquisition

### Module 5 – Selection in Sport

- Introduction
- Why do we select?
- Who are we selecting for?
- Are the Athletes Eligible for Consideration?
- What are the Performance Criteria?
- Has There Been Reasonable Communication with the Athletes?
- Is There Terminology to Consider?
- Can the Selectors Seek the Advice of Experts?
- Do the Selectors Have to See Any or All of the Athletes' Performances?
- Developing Selection Policies or Criteria
- Notifying Athletes of the Selection Outcome
- What if there is an Appeal of the Decision of the Selectors?
- Collecting Results and Tracking Performance
- Starting Order
- Scouting or Talent Identification



Portfolio

### Discipline-specific modules

*NB: Candidates choose one or more disciplines according to their preference.*

### Module 6 – Coaching Top Sport

Portfolio and assessment for coaching athletes in top levels of competition:

#### Dressage

- Grand Prix Dressage

#### Jumping

- 1.60m Showjumping

#### Module 4D - Cross-Country

- 3-star Eventing

#### Module 4E - Endurance

- 160km Endurance

